

Wellness Policies Where do we go from here?

DDN Session
March 28, 2007
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Child & Adult Nutrition Services

Why wellness policies are needed

- Required
- Children's health concerns
- Children's health shouldn't be a goal, it should be our priority!

Why?

- ✍ Congress recognized need for action and ability of schools to work with children.
- ✍ On June 30, 2004, Congress passed **Section 204 of Public Law 108-265** of the Child Nutrition and WIC Reauthorization Act of 2004. Law required several changes

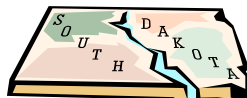
Four basic components of a wellness policy:

- ✍ **Nutrition education goals**
- ✍ **Physical activity goals**
- ✍ **Nutrition standards**
- ✍ **Other school-based activities**



Does this include South Dakota?

- Youth Risk Behavior Survey
- School Height and Weight reporting

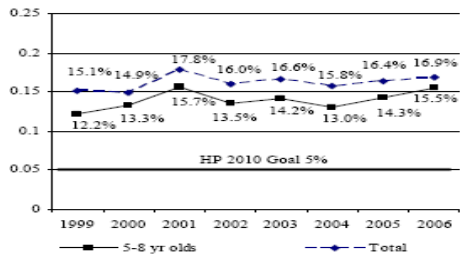


Overweight & at Risk for BMI

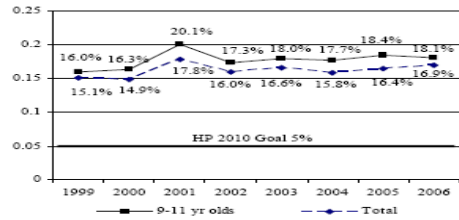
Table 5: School Year 2005-2006 At Risk For Overweight And Overweight Body Mass Index For Age				
Age	Number Of Students	At Risk For Overweight	Overweight	At Risk For Overweight And Overweight Combined
5-8 years	14,460	16.1%	15.5%	31.6%
9-11 years	14,135	17.2%	18.1%	35.3%
12-14 years	12,491	17.1%	17.1%	34.2%
15-19 years	4,165	17.8%	16.7%	34.5%
Total	45,251	16.9%	16.9%	33.8%

Source: South Dakota Department of Health
Note: Due to changes in the CDC/WHO age and height references, these data can not be compared to data in previous reports prior to the School Height and Weight for South Dakota Students 2000-2001 School Year.

Overweight 5-8 Year Olds

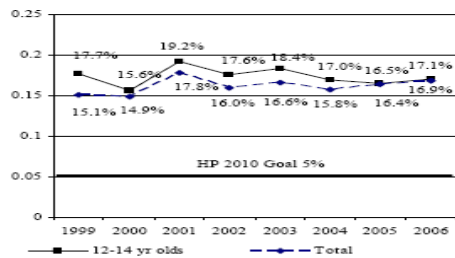


Overweight 9 - 11 year olds



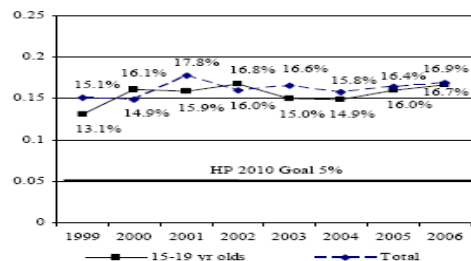
Source: South Dakota Department of Health

Overweight 12 - 14 year olds



Source: South Dakota Department of Health

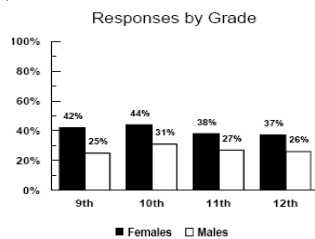
Overweight 15 - 19 year olds



Source: South Dakota Department of Health

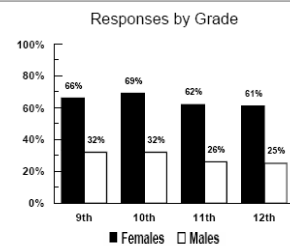
Youth Risk Behavior Survey - SD

Percentage of respondents who described themselves as slightly or very overweight = 34%



Youth Risk Behavior Survey - SD

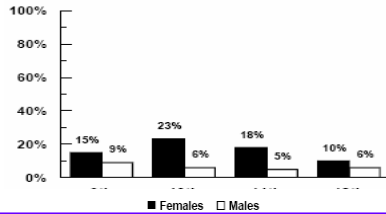
Percentage of respondents who are trying to lose weight = 47%



Youth Risk Behavior Survey - SD

Percentage of respondents who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days = 12%

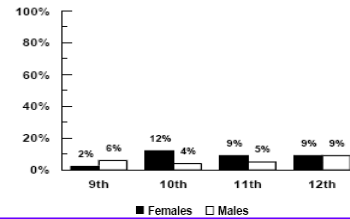
Responses by Grade



Youth Risk Behavior Survey - SD

Percentage of respondents who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days = 7%

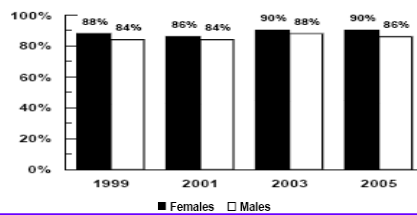
Responses by Grade



Youth Risk Behavior Survey - SD

Percentage of respondents who ate fruit one or more times during the past seven days = 88%

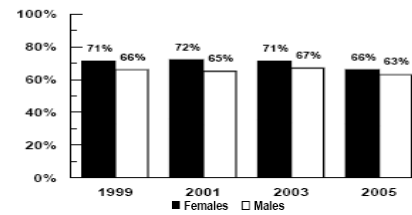
Responses by Year



Youth Risk Behavior Survey - SD

Percentage of respondents who ate green salad one or more times during the past seven days = 64%

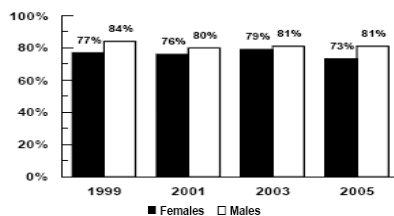
Responses by Year



Youth Risk Behavior Survey - SD

Percentage of respondents who ate potatoes one or more times during the past seven days = 77%

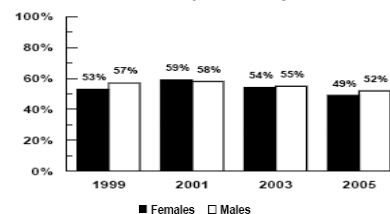
Responses by Year



Youth Risk Behavior Survey - SD

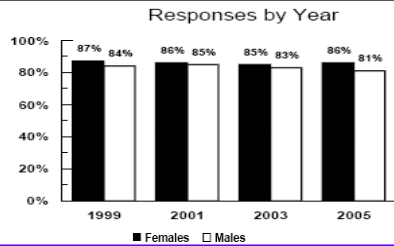
Percentage of respondents who ate carrots one or more times during the past seven days = 51%

Responses by Year



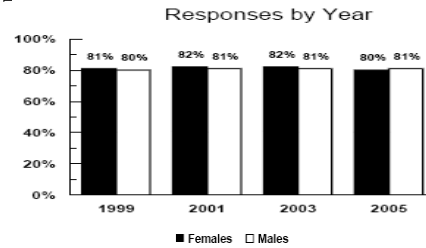
Youth Risk Behavior Survey - SD

Percentage of respondents who ate other vegetables one or more times during the past seven days = 84%



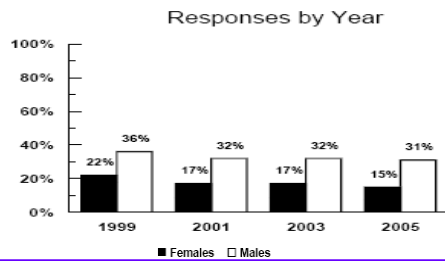
Youth Risk Behavior Survey - SD

Percentage of respondents who drank 100% fruit juice one or more times during the past seven days = 80%



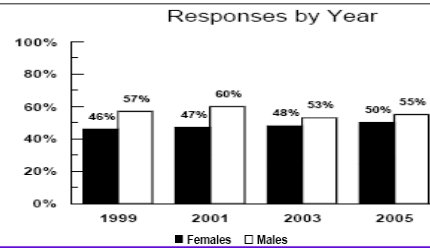
Youth Risk Behavior Survey - SD

Percentage of respondents who drank three or more glasses of milk per day during the past seven days = 23%



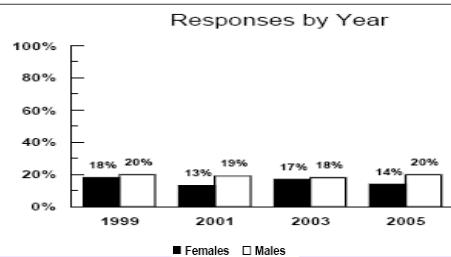
Youth Risk Behavior Survey - SD

Percentage of respondents who ate breakfast four or more times during the past seven days = 52%



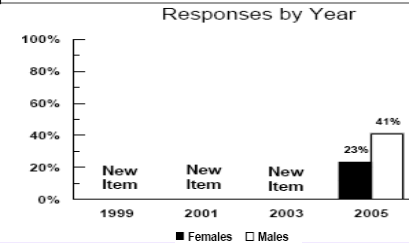
Youth Risk Behavior Survey - SD

Percentage of respondents who ate five or more servings of fruits and vegetables per day during the past 7 days = 17%



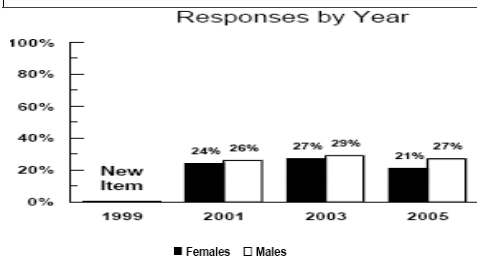
Youth Risk Behavior Survey - SD

Percentage of respondents who were physically active for a total of at least 60 minutes per day, during 5 or more of the past 7 days = 32%



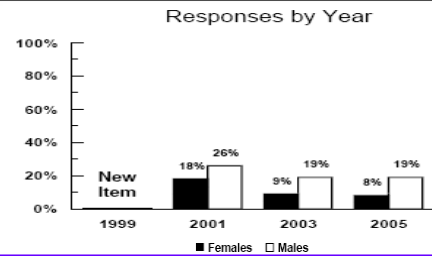
Youth Risk Behavior Survey - SD

Percentage of respondents who during an average school day watched TV for 3 or more hours per day = 24%



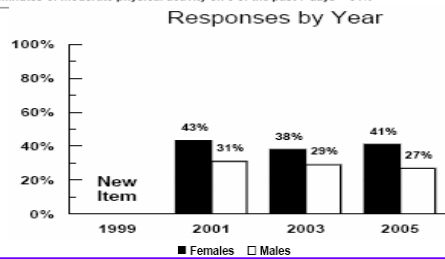
Youth Risk Behavior Survey - SD

Percentage of respondents who played video games or used a computer for fun 3 or more hours on an average school day = 13%



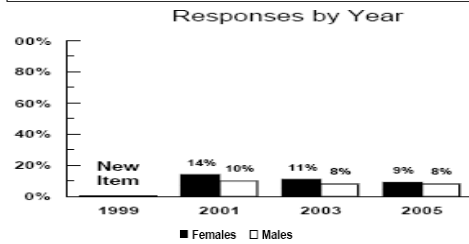
Youth Risk Behavior Survey - SD

Percentage of respondents who did not participate in at least 20 minutes of vigorous physical activity on 3 or more of the past 7 days and did not do at least 30 minutes of moderate physical activity on 5 of the past 7 days = 34%

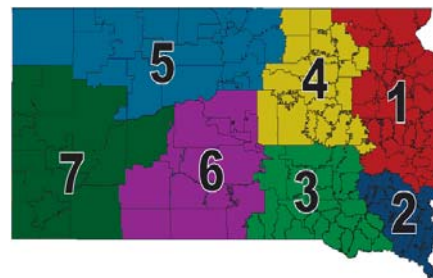


Youth Risk Behavior Survey - SD

Percentage of respondents who participated in no vigorous or moderate physical activity during the past 7 days = 8%



Education Service Agencies Region Map



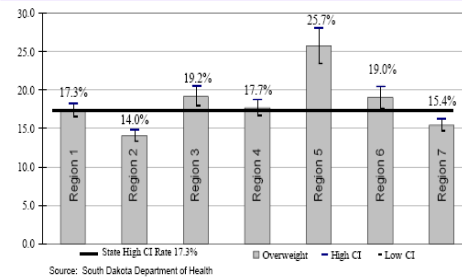
Regional Distribution of Overweight

Table 10: School Year 2005-2006 At Risk For Overweight And Overweight Body Mass Index, By Regions

Region	Number of Students	At Risk For Overweight	Overweight	At Risk For Overweight And Overweight Combined
1	9,097	17.8%	17.3%	35.1%
2	9,722	16.5%	14.0%	30.5%
3	4,355	16.5%	19.2%	35.7%
4	6,042	16.7%	17.7%	34.4%
5	1,945	19.0%	25.7%	44.7%
6	3,477	17.8%	19.0%	36.8%
7	10,613	16.1%	15.4%	31.5%
Total	45,251	16.9%	16.9%	33.8%

Source: South Dakota Department of Health

Overweight BMI for age by Regions with confidence levels



Wellness Policy Survey Progress after 6 months

- Electronic (survey monkey) sent in March
- Just over 50% response
- Most responses were team effort

Who should be involved?

- students
- parents
- food service staff
- school boards
- school administrators
- general public

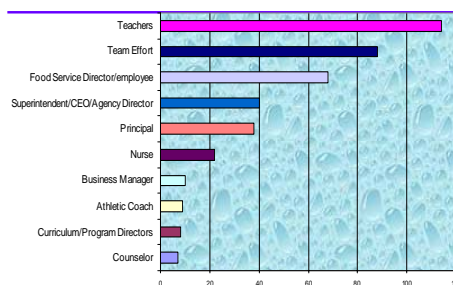


Who else?

- school nurse
- physical education / athletics department
- student activities
- teachers
- community resources
- health professionals



Leaders in wellness efforts



How do we make changes?

- Inform
- Involve
 - Buy-in
 - Steps

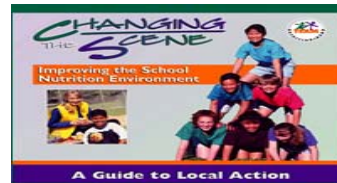
Implementation Challenges

- Why will it be challenging?
- How will it be communicated?
- What do you know about it already?
- Can it be in smaller goals?
- Who can help?
- When do you want it done by?

Implementation Resources

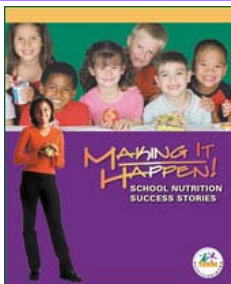
- CANS – Team Nutrition
 - doe.sd.gov/oess/cans/nutrition/index.asp
- Coordinated School Health
 - doe.sd.gov/oess/schoolhealth/
- Action for Healthy Kids
 - www.actionforhealthykids.org/
- Others – Professional organizations
- Internet search!

USDA – Changing the Scene



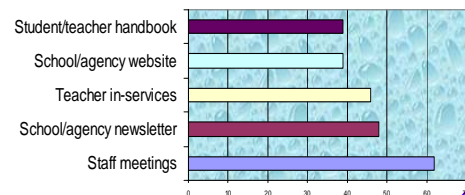
- Available from CANS or order from USDA website teamnutrition.usda.gov/Resources/changing.html

Making It Happen!

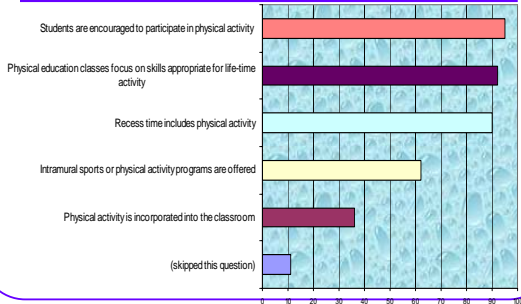


- School Nutrition Success Stories

Top five ways wellness policy information was distributed



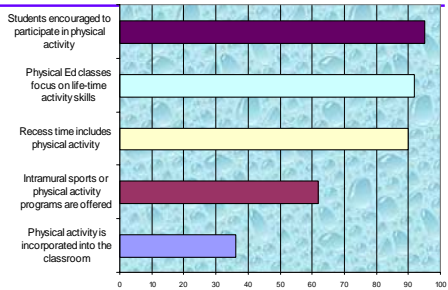
Physical activity



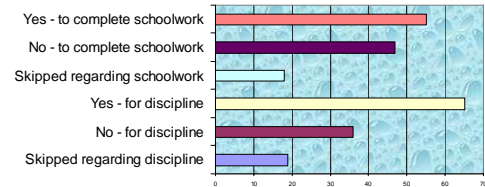
Physical Activity

- Physical activity burns calories
- Provides fitness
- Gives a break from sitting

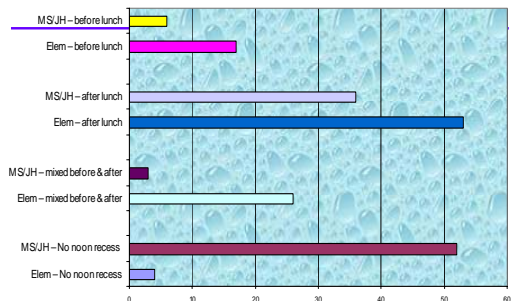
Physical Education and Physical Activity



Can children be held back from recess...?



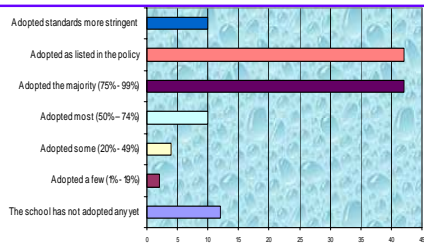
When is noon recess offered?



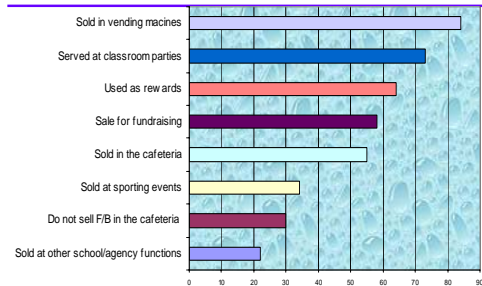
Nutrition Standards

- A requirement of the policies
- Establishes bounds or guidelines for foods served or sold

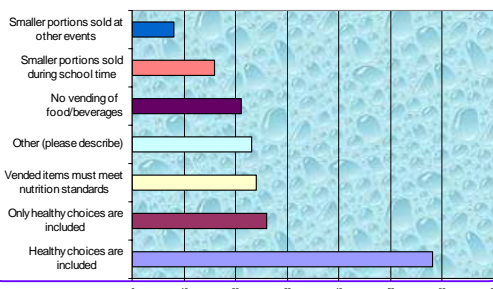
Nutrition Standards



Food and Beverages in Wellness Policy



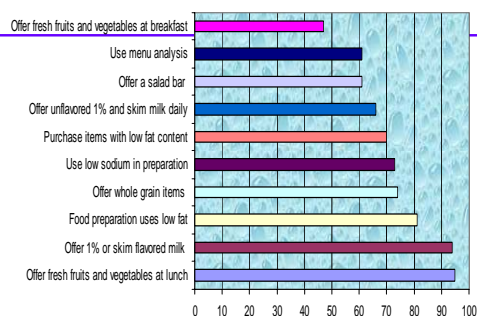
Vended items



What is food service doing?

- Food service has many opportunities to provide healthy foods, education, and experiences.

Top 10 food service steps towards wellness



What if...

- someone says food service need to make a change?

Initial Reactions



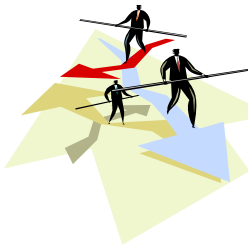
- Not me!
- Ya, but, lookit...
- You just don't understand...

Personal Implementation Challenges

Feelings
Ownership
Pride
Knowledge
Understanding



Professional Reactions



- Balance
- Listen & Learn
 - Filter
 - Research
 - Discussion
 - Involvement
 - Application

Move On!

- Prioritize
- Educate
- Get assistance
- Set objectives
- Establish deadlines
- Begin
- Evaluate



Can we afford to make changes that we want?

- Reimbursement rates
- Meal prices
- Other revenue
- Purchasing

Reimbursement Rates - SY2007



	Breakfast	Lunch	Snack
Free	\$1.31	\$2.40	\$0.65
Reduced- Price	\$1.01	\$2.00	\$0.32
Paid	\$0.24	\$0.23	\$0.06

Meal Prices – Breakfast

- Breakfast Prices
 - \$1.10 - \$1.15
 - \$0.30
- Breakfast Reimbursement
 - 0.24
 - 1.01
 - 1.31
- Paid
 - $1.15 + .24 = 1.39$
- Reduced
 - $.30 + 1.01 = 1.31$
- Free
 - 1.31

Meal Prices – Lunch

- Lunch Prices
 - \$1.95 - \$2.00
 - \$0.40
- Lunch Reimbursement
 - 0.23
 - 2.00
 - 2.40
- Free
 - $2.00 + .23 = 2.23$
- Reduced
 - $.40 + 2.00 = 2.40$
- Paid
 - \$2.40

Statewide Student Figures

- ✓ 38% of enrollment is eligible free/reduced price meals
- ✓ 70% of enrollment participates in lunch
- ✓ 21.6% of enrollment participates in breakfast (SY06 figures)
- ✓ LUNCH
 - ☞ 17.2 million per year
 - ☞ Federal reimbursement \$18.9 million
- ✓ BREAKFAST
 - ☞ 1 million breakfasts/yr
 - ☞ Fed'l. breakfast reimb \$4.8 million



Measurement

- ✓ Measurable goals
- ✓ Measurements before implementation
- ✓ Measurements periodically
- ✓ Example: Goal to increase number of students who eat breakfast.
 - ☞ How many ate before?
 - ☞ Implement breakfast promotion.
 - ☞ How many eat now?

Evaluation

- ✓ Look at implementation progress.
- ✓ Recommend committee responsibility.
- ✓ Review measurements (data).
- ✓ Review what you hear (anecdotes).
- ✓ Are we where we want to be?
- ✓ What next?



What do we want to do?

- What do I know about this already?
- What more do I need to know?
- Is it going to cost money?
- Who can help?
- Who will be affected?
- When is it going to start?
- How do we get the word out?

Wellness Policy

- doe.sd.gov/oess/cans/training/wellnesspolicy.asp
- Model policy
- Resources
- Training video
- Brochures
- Funding Opportunities
- Success Stories

HealthierUS School Challenge

- Websites for information
doe.sd.gov/oess/cans/nutrition/healthierchallenge.asp
teamnutrition.usda.gov/HealthierUS/index.html
- None in South Dakota at this time
- Takes the whole team – not just food service
- Logical progression after wellness policy

HealthierUS School Requirements

- elementary school, Team Nutrition School
- lunches demonstrate healthy menu planning practices, principles of the Dietary Guidelines for Americans, and meet USDA nutrition standards – many details
- provide nutrition education to students
- provide students opportunity for physical activity
- maintain average daily participation of 70 percent or higher
- adhere to guidelines established by USDA for foods served/sold in schools outside the NSLP

Team Nutrition for Educators

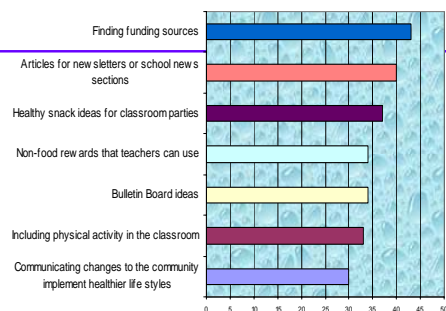
teamnutrition.usda.gov/educators.html

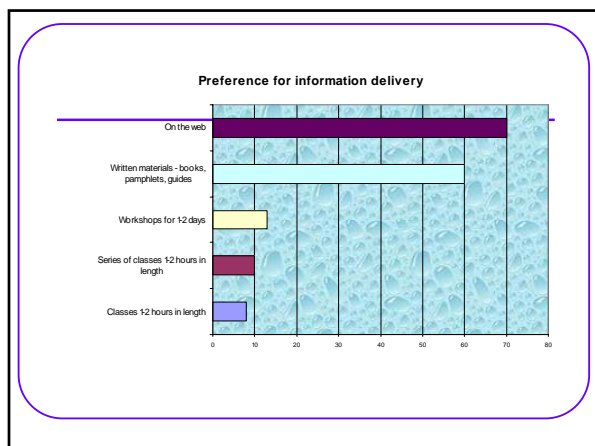
- Available Resources for K-12 School
- Available Resources for Elementary Schools
- Available Resources for Middle and High Schools

Resources

- Team Nutrition's *Changing the Scene: Improving the School Nutrition Environment – A Guide to Local Action*
- [DOE – Child & Adult Nutrition Services](#)
- [DOE - Coordinated School Health](#)
- [SDSU - Cooperative Extension](#)

What agencies say they need





TEAM Effort

- **T**ogether
- **E**veryone
- **A**chieves
- **M**ore

- **T**ogether
- **E**veryone helps children
- **A**chieve
- **M**aximum health and ability to learn

Questions?

Contact Child and Adult Nutrition Services

- Phone = 605-773-3413
- Fax = 605-773-6846
- e-mail: firstname.lastname@state.sd.us
(sandra.kangas@state.sd.us)
- 800 Governors Drive, Pierre SD 57501-2235